COMMUNITY

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Michael Menchaca and
Vito Valdez Interview

EL CENTRAL HISPANIC NEWS

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SPORTS

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Pro Boxing In
Dearborn !!!

La organización de los Líderes Latinos para la defensa y el Desarrollo (LLEAD)

Por Christiana Malacara, Miembro del Capítulo LLEAD Saginaw

Imagine la oportunidad de tener una organización estatal, con la misión de ayudar a unir a los latinos de Michigan para lograr hacer crecer sus comunidades, terminar con las desigualdades sociales y mantener viva su cultura.

Alberto Flores, reunió a los líderes latinos en Lansing, en noviembre de 2013, para discutir esa opción y ayudar a la población latina en Michigan a tener un mejor futuro. "Buscamos crear una organización latina en todo el estado… seguimos reuniéndonos hasta que la conformamos en 2014", dijo Alberto. Estas reuniones llevaron a la formación de Latino Leaders for the Enhancement of Advocacy and Development (Líderes Latinos, para el Desarrollo y la Defensa Legal) también conocidos como LLEAD.

La familia de Alberto llegó a Michigan desde San Antonio, Texas y como millones de familias que se asientan fuera de la corriente migratoria, la familia pasó por muchas dificultades a lo largo del camino. Pero por medio del trabajo y la dedicación, han mejorado su vida y la de las futuras generaciones de su familia.

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Introducing Latino Leaders for the Enhancement of Advocacy and Development (LLEAD)

By Christiana Malacara, Member of the LLEAD Saginaw Chapter

Imagine the possibilities of having a state-wide organization with a mission to help bring Latino Michiganders together to advance their communities, end social disparities, and keep their culture alive.

In November 2013, Alberto Flores brought Latino leaders together in Lansing to talk about those possibilities and others to help the Latino population in Michigan thrive. "We looked at creating a state-wide Latino organization," says Alberto. "We kept meeting until we were formed in 2014." These meetings led to the formation of Latino Leaders for the Enhancement of Advocacy and Development, also known as LLEAD.

Alberto's family settled in Michigan from San Antonio, Texas. Like millions of other families who settle out of the migrant stream, the family went through many difficulties along the way. Through hard work and dedication, they created a good life for themselves and future generations of their family.

With his undergrad degree from Saginaw Valley State University and a Master's in Public Administration from the University of Michigan, Alberto became the "Latino Liaison" for the Michigan Department of Civil Rights. This position made Alberto more aware of the challenges and concerns facing Latinos in Michigan.

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LLEAD board members had a meet & greet with Michigan Attorney General, Dana Nessel at Fiesta Charra in East Lansing in 2022. Pictured from left: Leroy Hernandez, Brad Hall, Michigan Attorney General Dana Nessel, Dan Soza, Bobby Deleon, Al Flores, Guillermo Lopez, and Dr. Laura Gonzales

Cinco de Mayo 2023: 10 Parade & Fiesta Questions in 10 Minutes

EL CENTRAL sat down with new Mexican Patriotic Committee President Alma Cruz who shared the details about this year's festivities

When are the events?
This year is going to be a three-day celebration starting with the opening of the Cinco de Mayo Fiesta on 21st & Bagley St on Friday, May 5th. It will be open every day that weekend until 8pm, except on Sunday when it closes at 7pm.

The Parade will be part of the finale down the W. Vernor Hwy. corridor on Sunday, May 7th starting at 12noon. Streets leading to W. Vernor will start closing at 11:30am. and open back up around 2:30pm.

What do you think draws people to this particular event?
This event combines traditions, unity, entertainment, and a grand fiesta all in one. It's a destination to be engulfed in the fun of Mexican culture of resilience and celebration. The celebration commemorates the Battle of Puebla, a historical battle defeating the French army. This year the theme will be "Musical Roots" which are rich in this community.

Who participates in this event?
Schools, local agencies, local businesses, charros, entertainers, families and dignitaries.

Who is most likely to come out for this event?
The whole community! And also surrounding communities that relate to this tradition and visitors from far away who want to enjoy a family-fun event.

How much planning goes into this event?
Planning for this event is pretty much year round. From closing streets, recruiting participants, recruiting volunteers, finding partners and sponsors. It's definitely a concerted effort of all community stakeholders that we have to orchestrate into these events. We can't do anything until we go through the City of Detroit's Special Events process and finalize the day and the procession route.

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Planet Detroit

Esta edición incluye la primera de una serie de guías climáticas publicades originalmente por *Planet Detroit* (planetdetroit.org). *Planet Detroit* proporciona actualizaciones semanales que se centran en informes explicativos, basados en soluciones e investigativos sobre problemas ambientales en Detroit y Michigan.

Ver página 9

This edition includes the first in a series of Climate Guide reprints originally published by *Planet Detroit* (planetdetroit.org). *Planet Detroit* provides weekly updates that focus on explanatory, solutions-based, and investigative reporting about environmental issues in Detroit and Michigan.

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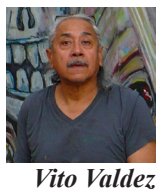
Artists Talking: Michael Menchaca and Vito Valdez Interview



Vito Valdez

Vito Valdez: So, it's March 17th , 2023, 2:15pm. And I'm here with Michael Menchaca. And they are here vising Detroit for their first time. And so, Michael I guess you're here…you've been invited here [to Detroit]? Correct?

Michael Menchaca: Yes!

Vito: And could you tell us about that invitation?

Michael: Yeah, so Clare Rogan (Curator of Prints and Drawings at the DIA) included my suite of sixteen prints, La Raza Cósmica 20XX, that was printed published by Julia Samuels with Overpass Projects press, located in Providence, RI into the exhibition currently on view at the DIA called Printmaking in the 21st Century. And so that set of prints was acquired by the DIA. I'm also humbled to be showing alongside many other talented Detroit artists including yourself, Vito Valdez, and also Tyanna J. Buie, and Sabrina Nelson who I got to meet the other day. This is the first me seeing LRC20XX in a museum, so upon invitation, I came to give a lecture and describe my research in putting the pictures which references a lot of Spanish Colonial history and is also influenced by the Mixtec and pre-Columbian American history alongside Big Tech icons speaking critically to the current infodemic age and putting together all these influences with a digital spin in terms of the pictographic vocabulary. Because this is a lot of research, I focused my lecture into giving people a glimpse into all those elements and what goes on in the studio and try to provide an education on why you should maybe reconsider how friendly you are with the tech that you probably engage with on a daily basis.

Vito: Wow! That's a vivid description of your work and congratulations on your work being in DIA. I've seen the show. It's fabulous work, and I heard the lecture. And in the lecture, which was very informative, and really hit on some very important information that I think everyone should be aware of, especially with what's happening with Facebook and these platforms that are out there. I have my opinions on them and they align quite closely with your conclusions with that and where it's going. Could you give us a little more information for our readers out there on the lecture? In the lecture you reference some books flooding the mainstream bookstores out there. There's a lot of great resources, especially Shoshanna Zuboff's Surveillance Capitalism and Ruha Benjamin's Race Aer Technology.

From left: Local artist Vito Valdez gave a personal tour of Southwest Detroit to visiting artist Michael Menchaca pictured along with their wife Suzy Gonzalez. The group paused at the offices of the Southwest Detroit Business Association where mosaic park benches have been in temporary storage after being restored. The benches, named Spirit At Rest, were created by Mary and Lisa Luevanos of CLAVE, and will be reinstalled in Clark Park this coming Spring.

Michael: Surveillance Capitalism lays out the foundation of a critique of what happened at Google in 2001 shortly after 9/11 and how the Department of Homeland Security partnered with Google to monitor what online users were clicking on and then how Google was in a position to anticipate and monetize on what became called the "click-thru rate". This economic model then moved to Facebook via Sheryl Sandberg, who worked at both companies, to use the same economic logic to track FB user's online behavior in order to sell them targeted ads. In short, Google and Facebook then became really rich and then this model became the foundation for how every other company would pay themselves and their clients. So now we the users don't have a choice but to accept the surveillance that's embedded in our technology that keeps these businesses in business. And I'm concerned as an artist that if we live and create work in an ad-based market, and ads are the priority, then our tools for creating are spying on us and we're subliminally being influenced to prioritize paid commercial and political outcomes. I don't accept that premise.

Vito: This also applies to the public at large…facial recognition that's being used by governments all over the world. China is a good example.

Michael: Yeah, it's a social credit system, and China knows how to use these systems to control its population, and in a Democracy like the US, to try to socially control through the digital is inherently anti-democratic. So, I'm visually exposing that flaw and that the tech does not need to have surveillance tools embedded in them to work.

Vito: For our readers in Southwest Detroit, they may find it interesting to know, especially the refugee situation we have in this country, how they're being monitored. Like how we had that local case on a false accusation of a crime that was featured in your lecture.

Michael: Right! there was a false match of a case here in Detroit where someone was accused of a crime they did not commit by a facial recognition company (DataWorks Plus) that supplied software to Michigan State Police. So, we are living in a new era of civil rights concerns where you can be falsely accused of a crime via an algorithm. Like, a computer error can completely change your life and stigmatize your family's life because there's already an intrinsic criminality ascribed to skin color, that's the historical legacy of the caste system that is the Spanish colonial foundation of the European occupation of Americas. The U.S. implemented that same discriminatory visual criminalization and racialization on a population that it deemed as less socially valuable from its inception. Coming from Texas, and we're really close to Mexico, there's already a lot of distrust of those of Mexican identity, and that's inherently the foundation of Texas; was to basically steal the geography from Mexico, displace the local population or assimilate us into being like the conqueror. And so, I've grown up with an inferiority complex of internalizing verguenza, shame, just for looking and appearing to be myself; a Mexican American. And I'm sure that's the same here in Michigan.

Vito: I've experienced that as well as many others in our culture. We definitely have something in common there. And speaking on this topic, I'm thinking about how you're in Detroit. And Detroit, being the Motor Capital, has a long history of discrimination based on color and class and outsourcing, and the thing about employment in the auto business, how they would want to put people to work. These people, they would feed them information that would make them feel threatened by the Japanese imports. Vincent Chin was a Japanese person in the company of friends.

Editor's Note: Due to the length of this interview, the continuation can be found at elcentralmedia.com

Michigan Legislators Host Community Conversations, part 1

Downriver and Flint Community Roundtables about Workers' Rights

State Senator Darrin Camilleri recently participated in labor roundtables in Downriver and Flint and discussed workers' rights and restoring them here in Michigan. Sen. Camilleri was joined by Senators John Cherry and Mary Cavanagh and State Representative Jasper Martus. The legislators thanked Michigan workers, labor leaders, and organizers who have fought so hard for the opportunity to restore and protect workers' rights in Michigan. Governor Gretchen Whitmer is expected to sign into law the repeal of Right to Work laws passed in Michigan more than 10 years ago.

Introducing LLEAD

Con't from pg. 1

These initial concerns included the high school-to-prison pipeline, health disparities, and more.

LLEAD is a crucial part of enhancing life for Latino Michiganders, a population that has grown extensively in recent years. LLEAD published a report in July 2022 entitled "Hispanics in Michigan," a report regarding the 2020 U.S. Census funded by the Hispanic Latino Commission of Michigan. Juan Marinez, a member of LLEAD and chair of the LLEAD Census Committee, helped ensure the report gathered and presented information relevant to the Latino community.

This report showed a decade of rapid growth in the Latino population in Michigan,

reaching 564,422 according to the 2020 U.S. Census. In the last decade, the population of Michigan saw a 1.96 percent net increase, with 193,691 new residents. Of this increase, 66.1 percent of the total increase in the general population is represented by Hispanics. 128,064 Hispanic inhabitants out of 193,691 total population growth are undoubtedly significant. And for those new Hispanic residents, as well as the Latino population as a whole, LLEAD is ready to provide resources, support, and community advancement.

In October 2022, community members in Southeast Michigan met and established the Southeast Michigan/Metro Detroit LLEAD chapter with common interests in criminal legal system reform issues. A chief focus for the chapter is to reevaluate cash bail policies, ensuring that people, especially the indigent, are never held in jail due to poverty. They also advocate for jury processes to include an equal and diverse representation of all communities, ending life sentences for crimes committed by juveniles, and improving family access to their incarcerated loved ones through affordable telephone communication.

"Our chapter is made up of people with all different backgrounds and from all walks of life, including returning citizens and individuals who remain incarcerated today," says Bradley Hall, a public defender and co-Chair of the SE Michigan/Metro Detroit LLEAD chapter.

The 501(c)(3) nonprofit organization aims to bring a voice to Latinos in Michigan. Members work to better the lives of Latinos in the state in all areas of life, with involvement in other topics of public importance like school and library funding, fair treatment of immigrant populations, and enhancing opportunities for Latino communities.

Alberto says his biggest inspiration is being Mexican American "Chicano/Latino." He states that keeping his culture alive is of the utmost importance. "I couldn't live if I didn't have my Latino music, food, humor, language, and all that goes with being Latino." Moreover, his passion for his culture is crucial. It is a reminder that keeping those cultural aspects alive plays just as critical of a role in advancing life for Latino Michiganders and others across the nation as LLEAD's other areas of interest do. Alberto says, "We have a promising future and the ability to frame our destiny; in other words, a remarkable Latino Destino."

LLEAD is ready to impact, inspire and, most importantly, create a future we can all be proud of. Having members willing to act and embrace opportunities will help their community grow. Each Michigan chapter has a calendar of events for 2023. Representatives from the Saginaw Chapter of LLEAD will interview John Quiñones, the Emmy award-winning reporter and creator/ host of the ABC television series "What Would You Do?" at Delta College on March 29th. More information on this event can be found on the state and any chapter LLEAD Facebook page or at www.Delta.edu.

Meetings and discussions within the group are always kept respectful, enjoyable, and focused on the future of Latinos in Michigan. For more information on LLEAD and their work or to get involved with the organization, you are welcome to email Al Flores at alflo2@outlook.com or Brad Hall at bradleyrhall78@gmail.com or visit www.llead.org.

La organización LLEAD

Con't de pg. 1

Con un título universitario de la Universidad Saginaw Valley State y una Maestría en Administración Pública de la Universidad de Michigan, Alberto se convirtió en el "Enlace latino" del Departamento de Derechos Civiles de Michigan. Esta posición hizo a Alberto más consciente de los desafíos y preocupaciones que enfrentan los latinos en Michigan. Estas preocupaciones iniciales serían, por el trecho que lleva a los jóvenes, de la escuela secundaria a la prisión; las desigualdades en el sistema de salud y más.

LLEAD es parte crucial para mejorar la calidad de vida de los latinos de Michigan, una población que ha crecido mucho en los últimos años. LLEAD publicó un informe en julio de 2022 titulado "Hispanos en Michigan", un informe sobre el Censo de EE. UU. de 2020, financiado por Hispanic Latino Commission of Michigan (Comisión Hispana Latina de Michigan). Juan Marinez, miembro de LLEAD y presidente del Comité del Censo de LLEAD, ayudó a garantizar que el informe reuniera y presentara información relevante para la comunidad latina.

Este informe, mostró una década de rápido crecimiento en la población latina de Michigan, llegando a 564,422 según el Censo de EE. UU. de 2020. En la última década, la población de Michigan experimentó un aumento neto del 1,96 por ciento, con 193.691 nuevos residentes. De este aumento, el 66,1 % del aumento total en la población en general, está representado por hispanos; 128.064 habitantes hispanos de los 193.691 habitantes de crecimiento total de la población son sin duda, un número significativo. Y para esos nuevos residentes hispanos, así como para la población latina en general, LLEAD está lista para proporcionar recursos, apoyo y avance comunitario.

En octubre de 2022, los miembros de la comunidad en el sureste de Michigan se reunieron y establecieron una extensión LLEAD del sureste de Michigan/Metro Detroit, con intereses comunes para la reforma de las leyes del sistema penal. Uno de los enfoques principales para esa sección, es reevaluar las políticas de las fianzas monetarias, asegurándose que las personas, especialmente los indigentes, nunca sean llevados a la cárcel debido a la pobreza. También abogan por los procesos de jurado, para incluir una representación igualitaria y diversa, de todas las comunidades, poner fin a las cadenas perpetuas por delitos cometidos por menores y mejorar el acceso de las familias, a sus seres queridos encarcelados a través de comunicaciones telefónicas asequibles.

"Nuestras extensiones LLEAD, están formada por personas de diferentes orígenes y de todos los ámbitos de la vida, incluidos los ciudadanos que retornan y las personas que permanecen encarceladas en la actualidad", dice Bradley Hall, defensor público y copresidente de la extensión LLEAD del SE Michigan/Metro Detroit.

La organización sin fines de lucro 501(c)(3) tiene como objetivo dar voz a los latinos en Michigan. Los miembros trabajan para mejorar la vida de los latinos en el estado en todas las áreas, con participación en otros temas de importancia pública como la financiación de escuelas y bibliotecas, el trato justo de las poblaciones inmigrantes y la mejora de las oportunidades para las comunidades latinas.

Alberto dice que su mayor inspiración es ser mexicano-americano "chicano/latino". Afirma que mantener viva su cultura es de suma importancia. "No podría vivir si no tuviera mi música latina, comida, humor, idioma y todo lo que implica ser latino". Además, su pasión por su cultura es crucial. Es un recordatorio, de que mantener vivos esos aspectos culturales juega un papel tan crítico, en el avance de la vida de los latinos de Michigan y de todo el país, como lo hacen las otras áreas de interés de LLEAD. Alberto dice: "Tenemos un futuro prometedor y la capacidad de enmarcar nuestro destino; en otras palabras, un Destino Latino notable".

LLEAD está lista para impactar, inspirar y, lo más importante, crear un futuro del que todos podamos estar orgullosos. Tener miembros dispuestos a actuar y aprovechar las oportunidades, ayudará a que su comunidad crezca. Cada extensión de LLEAD en Michigan, tiene un calendario de eventos para el 2023. Representantes de la extensión en Saginaw de LLEAD, entrevistarán a John Quiñones, el reportero ganador del premio Emmy y creador/presentador de la serie de televisión de ABC "¿Qué harías?" en la universidad Delta College, el 29 de marzo. Se puede encontrar más información sobre este evento en la página de Facebook del estado y cualquier extensión LLEAD o en www.Delta.edu.

Las reuniones y Las discusiones dentro del grupo siempre se mantienen respetuosas, agradables y enfocadas en el futuro de los latinos en Michigan. Para obtener más información sobre LLEAD y su trabajo o para involucrarse con la organización, puede enviar un correo electrónico a Al Flores a alflo2@outlook.com o Brad Hall a bradleyrhall78@gmail.com o visitar www.llead.org.

Traducción por Carmen Elena Luna.

Michigan Legislators Host Community Conversations, part 2

Senator Santana Holds Coffee Hour in Southwest Detroit

State Senator Sylvia Santana spent time meeting with the Southwest Detroit community on Monday, March 13 at the Campbell Branch Detroit Public Library at 8733 W. Vernor. She gave an overview on her platform and update on the budget process and bills that are currently before the Senate. She responded to questions about the many topics and issues of interest to those in attendance. There were some community members that were non-English speaking, but that was not a problem because Senator Santana spoke fluently in Spanish as needed. Some of the issues raised were the tax capture for Detroit Public Library funding, driver's licenses for undocumented workers, program funding for re-entry employment and training, Detroit Police Department retention of officers after they have been trained by the DPD Academy, and so many more topics. Community members expressed their appreciation to the Senator for this very informative meeting which lasted nearly 1 ½ hours.

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SPECIAL, WORLD'S CULTURES

The Māori people

The Māori people from New Zeland

Māori refers to the indigenous people of Aotearoa (New Zealand). The Māori people have a rich culture and history that is deeply rooted in the land, sea, and sky of Aotearoa. They have a unique language, customs, beliefs, and values that have been passed down from generation to generation.

Māori culture is characterized by a strong connection to the natural world and the spiritual realm. Māori language (Te Reo Māori) is an official language of New Zealand and is spoken by a growing number of people.

Throughout history, Māori have faced a number of challenges, including colonization, loss of land, and cultural suppression. However, Māori culture and identity have remained strong and resilient, and today the Māori people continue to play an important role in shaping the cultural identity of New Zealand.

The Māori culture is diverse and complex, with many different iwi (tribes) and hapū (sub-tribes) each with their own unique customs and traditions. Māori culture has a rich tradition of storytelling, art, music, and dance, and is deeply intertwined with the natural environment.

Although the Maori culture does not have a spring ritual, it is associated with the rebirth and regeneration of nature; and like many other cultures, it has a related myth between spring and the origin of life.

They say that the goddess Hineahuone, also known as Hinetitama, created life on Earth; and although she lived in the spiritual realm, one day, she decided to create a physical life form to populate the Earth; For this she mixed the earth with water and created the first form of human life.

The god Tāne, who was the god of forests and life, was impressed by Hineahuone's work and decided to help her. He brought the first human life form to her home in the woods and raised her as her daughter.

In time, the first human life form became the mother of humanity, and she gave birth to many sons and daughters. Tāne also created the trees and birds to populate the forest and the Earth, and thus life began in the physical world.

This myth is a celebration of spring and the rebirth of life on Earth after winter. It also highlights the importance of collaboration and teamwork in the creation and maintenance of life in the natural world.

Diles que lo viste en *EL CENTRAL*

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ESPECIAL CULTURAS DEL MUNDO

La cultura Māori

Los Māori de Nueva Zelanda

Maorí es como se les llama a los indígenas de Aotearoa en Nueva Zelanda. Los maorís, como muchos otros pueblos, cuentan con una gran historia llena de cultura arraigada al mar, la tierra y el cielo de Aoteroa. Ellos cuentan con su propio nicho de creencias, valores y tradiciones que se han ido heredando de generación en generación. La cultura Maorí es caracterizada por una fuerte conexión con la naturaleza y mundo espiritual. La lengua oficial de los Maorí es una de las lenguas oficiales de Nueva Zelanda y es hablada un creciente número de personas.

A lo largo de la historia los Maorí ha enfrentado una gran cantidad de retos y eventos que incluyen la colonización, el despojo y pérdida de territorio, así como la represión cultural. No obstante, los Maorí se han mostrado resilientes y hasta la fecha juegan un rol importante en la manera de teñir la cultura Neozelandesa.

Cabe destacar que la cultura maoría es diversa y compleja con muchas diferentes Iwi, tribus, y Hapú, subtribus, y cada una de éstas cuenta con su propio sistema de creencias y tradiciones. Los maorí son una cultura que es reconocida por sus historias y cuentos, su arte, su música y sus bailes, así como su relación con la naturaleza.

A pesar de que la cultura maorí no cuenta con un ritual de la primavera, ésta se asocia con el renacimiento y la regeneración de la naturaleza; y como muchas otras culturas, tiene un mito relacionado entre la primavera y el origen de la vida.

Cuentan que la diosa Hineahuone, también conocida como Hinetitama, creó la vida en la Tierra; y aunque vivía en el reino espiritual, un día, decidió crear una forma de vida física para poblar la Tierra; para ello mezcló la tierra con agua y creó la primera forma de vida humana.

El dios Tāne, que era el dios de los bosques y la vida, quedó impresionado por el trabajo de Hineahuone y

decidió ayudarla. Llevó a la primera forma de vida humana a su casa en el bosque y la crió como su hija.

Con el tiempo, la primera forma de vida humana se convirtió en la madre de la humanidad y dio a luz a muchos hijos e hijas. Tāne también creó los árboles y los pájaros para poblar el bosque y la Tierra, y así comenzó la vida en el mundo físico.

Este mito es una celebración de la primavera y el renacimiento de la vida en la Tierra después del invierno. También destaca la importancia de la colaboración y el trabajo en equipo en la creación y el mantenimiento de la vida en el mundo natural.

Espera nuestro Especial Semanal

CULTURAS LATINOAMERICANAS,

by Mariana Ayón RV

PENSAMIENTOS Y RECUERDOS

Remembering Msgr Kern

By: Ozzie Rivera

This year marks the 40th anniversary of the legendary Msgr Clement Kern's passing in 1983. I was reminded of this when I ran into Mary Turner recently at a community awards luncheon organized by State Senator Stephanie Chang's office. Ms. Turner is a veteran community activist formerly with LA SED (Latin Americans for Social and Economic Development) and namesake to the Mary Turner Center for Advocacy. The center was originally established by current Congresswoman Rashida Tlaib when she was a state representative in collaboration with former City Councilwoman Raquel Castenada Lopez. Senator Chang continues to support the center's operations.

Mary Turner made sure I always knew about annual events commemorating Msgr Clemente Kern's legacy. As an activist pastor for Corktown's Most Holy Trinity Catholic Church he served as a model for her own work and inspiration. This time she let me know that Tuesday August 15th the community will hold the 40th anniversary celebration and to make sure I would let others know. That I will definitely do!

For those not familiar with his legacy you may ask "Who was Msgr Kern?" In short he was a charismatic priest, who of Irish heritage, was fluent in Spanish and who many in the Latino community at that time considered a revered and committed leader. In this short article I cannot even begin to do justice to his work nor adequately show his influence on city politics and history. But here goes.

This past year I ran across a biography of his life which I was previously unaware of. I could not resist ordering the 1989 book, Father Clem Kern: Conscience of Detroit by Genevieve M. Casey and reading it. Though I was aware of some of the details which poured out of its pages I truly was awestruck by most of its contents. Interestingly enough while conducting research on the history of Puerto Rican migrant workers who arrived in the Saginaw Michigan area in the 1950s, many who would later settle in Detroit, I ran across another book published in 2014 titled We Are Left Without a Father Here by Eileen Suarez Findlay. Msgr Kern and Most Holy Trinity Parish figured prominently there too!

My celebration of Msgr Kern's legacy is motivated not only by this sense of community pride but also because of personal experiences with him. I grew up in Corktown after being brought as an infant from my native island of Puerto Rico. In my early childhood our family lived on LaBrosse literally one block away from Most Holy Trinity Elementary and two blocks away from the church on 6th and Porter. I would attend Holy Trinity from Kindergarten to the 8th grade. While at Most Holy Trinity I was lucky enough to be one of his alter boys. Even at that young age I knew I was in the presence of someone who was a great and humble servant of the people. On many occasions I saw him console parishioners during their trials and tribulations, promote leadership among our community leaders, sponsor community enrichment events and self-improvement activities, and help community members establish self-help and fraternal organizations like the Puerto Rican Club during the mid 50's of which two of my uncles served as Presidents.

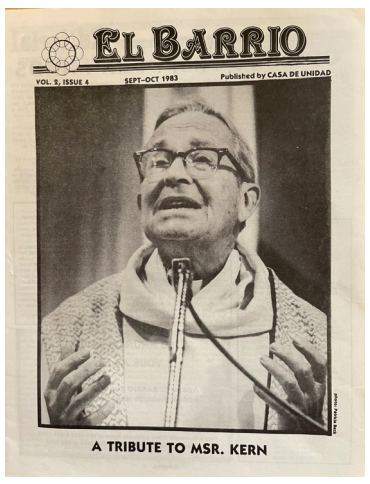
Parish and school staff made sure students were served healthy and nutritious lunches and had access to cultural enrichment activities. We knew we were important and had value. That spirit spilled over to teachers and staff, many of whom would become activists in the Civil Rights and anti-war movement. I will never forget decades later my elementary school principal sent me a warm and long congratulatory note upon my hiring as the Director of Multicultural Affairs at Madonna University in 1998. I was truly surprised and emotionally moved to know she remembered me so many years later. That progressive and activist spirit was definitely influenced by Msgr Kern's consistent leadership. In retrospect I know this education and community environment laid a strong foundation for my own personal development.

As I sifted through and organized my archives a few months back I chanced upon a 1983 edition of El Barrio, published by Casa de Unidad, acknowledging his recent passing. There I found an article written by Eva Aguirre Cooper. In such a loving way she briefly covered his history and shared the impact he had on her family. Ms. Aguirre would go to become an award winning TV newscaster and anchor for Grand Rapids Michigan's WOOD Channel TV8 and later would assume the position of Vice President of Community Partnership for the national network Univision based out of Miami. It must be also noted that Eva's mother, Lupe Aguirre, was a key staff person and organizer for Casa de Unidad during the 80's.

In Eva Aquirre's story she noted how in addition to paying attention to parishioners' spiritual needs Msgr Kern made sure their practical needs were also met. He opened up soup kitchens, thrift stores, founded the Cabrini Health center, legal clinics and helped the homeless secure shelter. He would also visit prisoners to console, support and advocate for them.

He was known as a labor priest and a strong union supporter building personal and professional friendships with key leaders. The United Farmworkers and Ohio based Farmworkers Labor Organizing Committee enjoyed his support. Later on as I gained a deeper appreciation of Detroit's activist history I became aware of the fact that Most Holy Trinity Church and Corktown was at the center of the Catholic Worker movement. Msgr Kern's influence was evident in their work.

As Eva Aguirre's article noted Msgr Kern would call out to Latinos/Hispanics to "Get Organized' and would support a number of agencies founded to do just that. All this while hobnobbing with city and state movers and shakers. I remember singing and performing as a third grader for the "Sharing of the Green" fundraising events during St. Patrick Day masses and celebrations. It amazed me to see Detroit's Mayor Cavanaugh, Governor Romney and union officials regularly showed up and "hung out" not only during these special festivities but throughout the



As I mention above these recollections cannot do justice in describing Msgr. Kern's legacy. I definitely will be there August 15th at the 40th anniversary celebration of his passing. I hope in my small way I am paying homage to him and the legacy he left us.

****

Ozzie Rivera, a retired social worker, is a cultural activist and musician who currently teaches on Afro Latino History and Culture at Wayne State University and social work at the University of Michigan.

Finding Peace: An Interview with Author Nedra Glover Tawwab

By Elena Dolores Solano

On March 11, 2023, 27th Letter Books, located on the border of Southwest Detroit, hosted a presentation by The New York Times bestselling author, Nedra Glover Tawwab. Ms. Glover is a mental health therapist and author of two bestselling books, Drama Free and Set Boundaries, Find Peace. Ms. Glover Tawwab is from Detroit and graduated from the Detroit Public Schools. She is a graduate of Wayne State University and currently resides in North Carolina.

Irma Guzman and Helena Solano had the opportunity to interview Ms. Glover-Tawwab when she visited Detroit. Ms. Guzman and Ms. Solano are mental health professionals in Southwest Detroit and strongly believe in the healing that can come from being open to mental health and the possibility of change. This interview has been edited for length.

Q: How do you encourage people to seek help?

Nedra: For me as a therapist, therapy is the first stop. Many people are not ready to go to therapy so I suggest certain books or sometimes follow particular therapists online.

Q: What would you say to families that want to make changes for the better, how do they start?

Nedra: Start where you are most comfortable because everyone is not ready to go to therapy. Sometimes it is reading a book, looking up articles online, or looking at videos and beginning with small steps of change. When you are ready to make a bigger step, then it's going to therapy; but that is not the first step for most of us.

Q: What was the spark behind writing books about boundaries and families?

Nedra: I took a cue from my clients. When they would come see me, they would be scrolling in the lobby, and I thought wow, this could be a really nice way to reach more people. And from there it really took off. As I was on the platform, I was talking more and more about boundaries and people were so shocked like OMG, what is this–I've never heard of this. And it made me think, oh this is stuff I talk about all the time with my clients so I knew it was something that is needed.

The focus of Drama Free, I wanted it to be on managing unhealthy relationships. What I've learned is not everyone wants to leave. Most people don't want to leave. It is really about helping people to accept their family members, and to figure out how to be in those relationships and not trying to make those people any better because we really can't.

Q: When you look at Detroit, from a mental health point of view, what do you see? How would you encourage people to move forward in the area of community mental health?

Nedra: I would love to see mental health taken into non-traditional spaces, like maybe barber shops or nail salons, more in schools, more in churches, in different spaces. I think it would be wonderful if people in communities, especially in cultural communities, be it the Hmong community, the Hispanic community, if someone from/in the community could be trained because those are communities that might not seek out those services but they have a trusted member in the community that could be of help. There was a program in Africa that did that. Where they trained women in the villages, not to be therapist, but to be able to recognize depression, suicidal thoughts, and all these other things because in that culture no one is going to a therapist. So we have to have more trained professionals that aren't actually therapists but that connect people to resources, because in many cases they are already doing it. They just need more tools.

Q: What starting points would you give to young women in their teens who are cycle breakers in their families but may still rely on their families for support in other ways?

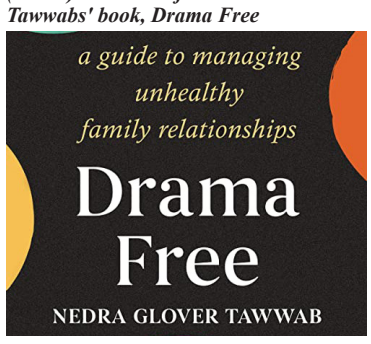
Nedra: Develop a plan of action to get out. I think there has to be a clear path forward. Whether that is working to save up money, taking classes, finding mentors, do all of those things while you are still under age. It does pay off. You will only be under your parents' thumb, hopefully, for 18 years. On your 18th birthday after you've done all this preparation there is an opportunity for you to go to college, start working, and build that family outside of maybe the dysfunctional one that you have. There are just so many opportunities. I think sometimes we look at situations and say "Ugh my family is terrible, I just have to stay here", when you can start preparing for it and planning to leave.

On helpers and chosen families:

Nedra: Sometimes we don't recognize our helpers because they are there. We tend to have a very heavy focus on who is not present for us. It is not the mom, but it is the neighbor down the street, it is not my dad, but it is my uncle showing up. There does have to be more of a focus on who is here instead of who is not. We do have those surrogate relationships and we could be leaning into those a bit deeper and getting what we need.

Editor's Note: Help is available for people in crisis. If you or someone you know need help, call the Suicide Prevention Hotline at 988 (24/7 services in English or Spanish) or send a text to 988 or chat in English at www.988lifeline.org. In addition, the Detroit Wayne Integrated Health Network (DWIHN) operates a 24/7 Access Helpline at 800-241-4949.

Elena Dolores Solano was born and raised in Detroit, Michigan. Ms. Solano is a certified school counselor and a Licensed Professional Counselor. Her writing focuses on education, mental health, community events, and her experiences growing up in a large Mexican-American family in southwest Detroit. Ms. Solano enjoys thrifting, reading, and spending time with her children, family and friends.



(Above) Nedra Glover Tawwab, photo provided by by The Candidly Team (Below) the cover of Nedra Glover Tawwabs' book, Drama Free

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HISPANIC NEWS

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Cinco de Mayo 2023 Q&A

Con't from pg. 1

We are still in that process now. Everybody is ready to get started as soon as we get the approval to open registrations.

What does fiesta offer for the community?

Well does anybody remember the Mexican Festival in Hart Plaza? This is a FREE event akin to that on a smaller neighborhood-oriented scale. There will be artisan vendors, food vendors, information tables for community resources and services, and of course, dancing with local entertainers on our stage. I suggest bringing a lawn chair to hang out for a while with us. This is a family-friendly festival so we will not have alcohol vendors.

How do people participate in the procession of the Parade?

We will publish a parade application. In addition, we will be taking registration applications in person at Plaza del Sol, 1401 W. Vernor, Detroit, AFTER we are approved by the City to commence. Look for our Facebook updates in April. Feel free to message your email address to our Facebook page to get on our email list for updates and we can send you the application.

How do people participate in the Fiesta as a Vendor?

Same as above for Parade participants. We will be taking vendor applications in person at Plaza del Sol, 1401 W. Vernor, Detroit, AFTER we are approved by the City to commence. Watch for Facebook updates and message your email address to our Facebook to get on our email list for updates and we can send you the vendor application as well.

How do people get involved?

We are in need of volunteers. You can volunteer as an organization or individually. You can earn community service hours by volunteering with us. You'll receive a volunteer shirt and be invited to a special volunteer appreciation lunch. It's a feel-good activity. Reach out to our Committee Chair for more information, Juan Carrion carrionjl432@yahoo.com.

How will people know when the Parade and Fiesta are open for participation?

Follow our Facebook page www.facebook.com/mexican-patrioticcommitteeofdetroit. All our updates will be posted. Webpage www.MPCdetroit.org. We will also publish updates in the local newspaper, EL CENTRAL Hispanic News.

SPECIAL SERIES: GETTING SMARTER ABOUT THE ENVIRONMENT IN DETROIT AND MICHIGAN

Understanding Your Local Air Quality

A Planet Detroit *Climate Guide reproduced by* EL CENTRAL Hispanic News

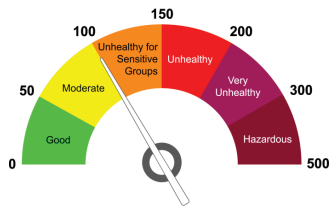
By Julie Walker for Planet Detroit

Every year, about 700 million people die due to the combined effects of ambient air pollution (pollution in the air outside the home) and indoor air pollution.

Air quality measures how much pollution is present in our air. When the concentration of pollutants in the air increases, air quality decreases. The first-ever federal legislation involving air pollution in the United States happened 67 years ago with the Air Pollution Control Act of 1955.

By tracking pollutants in the air, we get a measure of the air's quality. The United States Environmental Protection Agency (EPA) uses its Air Quality Index (AQI) to provide a daily forecast for air quality.

The AQI measures the five major air pollutants: ground-level ozone, particle pollution (aka particulate matter such as PM2.5 and PM10), carbon monoxide, sulfur dioxide, and nitrogen oxide. Ozone and particle pollution are the most prevalent each day.



The AQI assigns a different level of concern based on how much of the two are in the air, ranging from good to hazardous. The worse the reading, the more people are negatively affected.

Despite nearly 70 years of legislation in our country and abroad, the World Health Organization estimates that at least 91 percent of the world's population still lives in areas where air pollution levels exceed its guidelines.

A bicyclist navigates West Jefferson in Southwest Detroit

What air quality issues are unique to Detroit?

Pollution sources ranging from industries, cars, and households cause air quality in Detroit to be poor, resulting in an F grade from the American Lung Association's 2022 State of the Air report. Detroit has seen some air quality improvements from the previous year but remains the 16th most-polluted city in the country.

Although Detroit's year-round particle pollution levels have improved, the city is still ranked 16th most polluted in that category. The report also found that Detroit's short-term spikes in particle pollution brought more unhealthy days than the previous year.

And, due to an increase in unhealthy days because of ozone pollution, the city moved up from the 38th most polluted to the 24th.

Asthma is triggered by bad air quality, and rates in Detroit are much higher than in the rest of the state. Adult residents in Detroit experience asthma at rates 46 percent higher than the state. Asthma rates in children were 14.6% for those living in Detroit and 8.4% for Michigan overall, according to a 2022 report by the Michigan Department of Health & Human Services (MDHHS). Detroit ranks 15th nationally on the list of "The Top 100 Most Challenging Places to Live with Asthma."

The American Lung Association found that Detroit's ozone and particle pollution, which particularly harms children, pregnant people, and those with chronic diseases, causes more premature deaths, asthma attacks, cardiovascular harm, developmental and reproductive issues, and even lung cancer. Particle pollution can also cause lung cancer.

Why does this continue to happen in Michigan's biggest city?

Environmental racism, as advocates explain it, is one factor that contributes to the persisting issues affecting Michigan's largest city. Policies from the early-mid 1900s, such as redlining that prevented people of color from obtaining home loans and buying specific properties, created neglected communities that suffered the most from polluting facilities.

One example is the I-75 highway, built in the 1960s, which destroyed local businesses and homes and brought 8 lanes of smog-emitting vehicles. DTE's coal-fired power plants are also disproportionately located in communities of color, bringing an additional health cost.

Cheap land and tax breaks also attract factories such as the Marathon Oil refinery in Michigan's most-polluted zip code, 48217. This refinery produces up to 140,000 barrels of oil daily, emitting over 30 toxins, such as nitrogen oxide and carbon monoxide, into the air.

These air pollutants increase the risk of cancer, liver issues, and respiratory diseases, mainly asthma, in unprotected people.

How is climate change affecting air quality in Metro Detroit?

Worsening climate change has caused an increase in heatwaves which leads to a rise in ground-level ozone pollution that can irritate respiratory conditions and trigger asthma.

These heatwaves cause more issues for city dwellers due to the urban heat island effect. As concrete and asphalt absorb and retain heat, they raise the temperature of the surrounding air, creating a "heat island" effect.

And urban areas tend to have less vegetation, which would otherwise help to cool the surrounding air through evapotranspiration. These factors can lead to temperatures in urban areas that are several degrees higher than those in rural areas.

Air conditioning units are a common source of air pollution and are challenging to use in poorer areas due to financial strain or outdated infrastructure.

Wildfires exacerbate the problem with more carbon dioxide and dangerous chemicals released into the air, spreading to other states. Fletcher told *Planet Detroit* that "we're seeing particle pollution grades in big parts of the country increase due to all the wildfires."

What community resources are available to help me protect me and learn more about local air pollution?

Organizations working to combat air pollution and respiratory diseases.

- Southwest Detroit Environmental Vision
- Southwest Detroit Community Benefits Coalition
- Community Action to Promote Healthy Environments
- Environmental Health Research-to-Action
- Ecology Center
- Eastside Community Network
- Great Lake Environmental Law Center
- The Detroit Community-Academic Urban Research Center
- The Asthma and Allergy Foundation of America - Michigan Chapter

Tools to help you learn more about your local air quality.

- Learn about the enforcement and compliance history of regulated facilities in your area with this tool from the U.S. EPA at https://echo.epa.gov
- Look at live local air monitoring data at www.ecocenter.org
- Click here for Air Quality readings by typing in a zip code at https://www.airnow.gov
- Submit an air quality complaint and more at https://www.michigan.gov/egle/about/organization/air-quality
- Read air quality reporting from *Planet Detroit at www.planetdetroit.org*

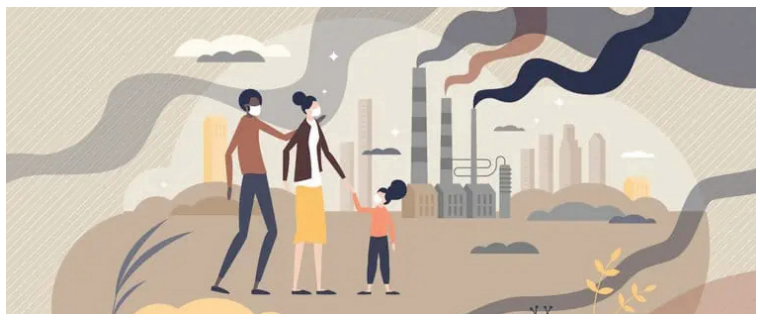
How can I protect myself from the effects of air pollution?

Air pollution can have a negative impact on your health, so it is important to take steps to protect yourself. Here are some things you can do:

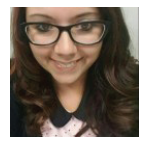
- Monitor air quality: Check your area's air quality index (AQI) before heading out. If the AQI is high, consider staying indoors or reducing your outdoor activities.
- Use air purifiers: Consider using an air purifier in your home or office to reduce indoor air pollution. Choose a purifier with a HEPA filter that can capture small particles.
- Wear masks: Use a face mask designed to filter out pollution when you are outside, especially during periods of high pollution.
- Stay away from high-traffic areas: Avoid areas with heavy traffic, as they tend to have higher levels of air pollution.
- Exercise at the right time: Exercise when pollution levels are lower, such as in the early morning or late evening.
- Plant trees: Trees absorb pollutants and produce oxygen, so planting them can help improve air quality in your area.

Indoor air pollution can come from various sources, including chemicals, dust, mold, and bacteria. Here are some steps you can take to protect yourself from the effects of indoor air pollution:

- Improve ventilation: Make sure your home or office has adequate ventilation. Open windows and doors, use exhaust fans and consider installing an air exchange system.
- Use air purifiers: Consider using an air purifier with a HEPA filter to remove small particles from the air.
- Avoid smoking indoors (or quit!)
- Keep your home clean: Regularly clean your home or office, including vacuuming and dusting. Use natural cleaning products and avoid using products with harsh chemicals.
- Reduce sources of pollution: Avoid using products that emit pollutants, such as cigarettes, candles, and air fresheners.
- Control humidity: Keep humidity levels between 30% and 50% in your home to prevent mold and mildew growth.
- Fix leaky pipes and faucets that contribute to moisture and mold formation.
- Test for radon: Radon is a colorless, odorless gas that can harm your health. Consider testing your home for radon and reducing levels if necessary.
- Choose non-toxic building materials and furniture when renovating or decorating your home or office.



Julie Walker is a multimedia journalist. Find her byline around town, including at the Free Press, Catena Media, Bridge Detroit, Automotive News *and more.*



SERIE ESPECIAL: CADA VEZ MAS INTELIGENTE SOBRE EL MEDIO AMBIENTE EN DETROIT Y MICHIGAN

El Impacto de la Calidad del Aire

Una Guía Climática del Planet Detroit *reproducido por* EL CENTRAL Hispanic News

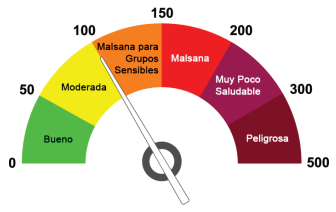
Por Julie Walker de Planet Detroit

Todos los años alrededor de 700 millones de personas mueren, debido a los efectos de la contaminación ambiental del aire exterior (fuera del hogar) y la contaminación del aire en el hogar.

El estudio de la calidad del aire, mide la cantidad de contaminantes presentes en el aire; al aumentar la concentración de contaminantes, la calidad del aire disminuye. La primera legislación federal que involucra la temática de la contaminación del aire en los Estados Unidos, surgió hace 67 años con la Ley de Control de la Contaminación del Aire de 1955 (Air Pollution Control Act).

Al buscar los contaminantes presentes en el aire, se obtiene una medida de la calidad del aire. La Agencia de Protección Ambiental de los Estados Unidos (US Environmental Protection Agency - EPA) utiliza su Índice de Calidad del Aire (AQI) para proporcionar un pronóstico diario de la calidad del aire.

El AQI mide los cinco contaminantes principales del aire: ozono a nivel del suelo, contaminación por partículas (conocidas como partículas PM2.5 y PM10), monóxido de carbono, dióxido de azufre y óxido de nitrógeno.



La contaminación por ozono y partículas son diariamente, las más frecuentes, el AQI asigna diferentes niveles de riesgo para la salud, según la cantidad de los dos componentes en el aire, que van desde buenos hasta peligrosos. Cuanto peor es la lectura, más personas se ven afectadas negativamente.

A pesar de estar a casi 70 años con la legislación en Estados Unidos y en el extranjero, la Organización Mundial de la Salud (World Health Organization - WHO), estima que al menos el 91 por ciento de la población mundial, aún vive en áreas donde los niveles de contaminación del aire superan sus pautas.

¿Cuáles son las problemáticas de la calidad del aire exclusivas de Detroit?

Las fuentes de contaminación industrial, automotriz y del hogar, hacen que la calidad del aire en Detroit sea deficiente, lo que resulta en una calificación F en el informe del Estado del aire de 2022, de la Asociación Americana del Pulmón (American Lung Association). Se han podido ver algunas mejoras en la calidad del aire de Detroit, con respecto al año anterior, pero sigue siendo la decimosexta ciudad más contaminada del país.

Aunque los niveles de contaminación por partículas anuales, han mejorado en Detroit, la ciudad todavía ocupa el puesto 16 entre los más contaminados de esa categoría. El informe también encontró que los picos a corto plazo en Detroit, por contaminación de partículas, generaron más días insalubres que el año anterior.

Debido al aumento de los días insalubres por la contaminación por ozono, la ciudad pasó del puesto 38 al 24 más contaminado.

El asma se desencadena por la mala calidad del aire y las tasas en Detroit son mucho más altas que en el resto del estado. Los adultos residentes de Detroit experimentan asma en un 46 % más, que el promedio estatal. Las tasas de asma en los niños fueron de 14,6 % para los habitantes de Detroit y de 8,4 % en el promedio estatal, según un informe de 2022 del Departamento de Salud y Servicios Humanos de Michigan (Michigan Department of Health & Human Services - MDHHS). Detroit ocupa el puesto 15 a nivel nacional en la lista de "Los 100 lugares más desafiantes para vivir con asma".

La Asociación Americana del Pulmón, descubrió que la contaminación por ozono y partículas en Detroit, afectan particularmente a los niños, mujeres embarazadas y a personas con enfermedades crónicas, causa muertes prematuras, ataques de asma, daños cardiovasculares, problemas reproductivos y de desarrollo e incluso cáncer de pulmón. La contaminación exclusivamente por partículas también puede ser causante de cáncer de pulmón.

¿Por qué sigue sucediendo esto en la ciudad más grande de Michigan?

El racismo ambiental, es un factor que contribuye a los problemas persistentes, que afectan a la ciudad más grande de Michigan, según los defensores de los derechos humanos. Políticas que se dictaron en la primera mitad del siglo XX, como el redlining (la Línea Roja) que impedía que las personas de color obtuvieran préstamos para vivienda y adquirieran propiedades específicas, lo que dio lugar a comunidades descuidadas, y que han sufrido más por la contaminación local.

Un ejemplo es la autopista I-75, construida en la década de 1960, que destruyó negocios y viviendas locales y trajo 8 carriles de vehículos que emitían smog. Las centrales eléctricas de carbón de DTE también están ubicadas de manera desproporcionada en comunidades de color, lo que genera un costo salud adicional para la salud.

Los terrenos baratos y las exenciones fiscales, son convenientes para la instalación industrial, como la refinería Marathon Oil, en el código postal más contaminado de Michigan, 48217. Esta refinería produce hasta 140.000 barriles de petróleo al día y emite más de 30 toxinas al aire, como óxido de nitrógeno y monóxido de carbono.

Estos contaminantes del aire aumentan el riesgo de cáncer, problemas hepáticos y enfermedades respiratorias, principalmente asma, en personas vulnerables.

¿Cómo está siendo afectada la calidad del aire en Metro Detroit, por el Cambio Climático?

El cambio climático, ha provocado un aumento de las olas de calor, lo que conduce a un aumento de la contaminación por ozono a nivel del suelo, pudiendo complicar las afecciones respiratorias y desencadenar asma.

Estas olas de calor, causan más problemas en los habitantes de las ciudades debido al efecto de "isla de calor urbano". A medida que el hormigón y el asfalto absorben y retienen el calor, elevan la temperatura del aire circundante, creando un efecto de "isla de calor".

Las áreas urbanas, tienden a tener menos vegetación, lo que no permite que se enfrie el aire circundante por medio de la evapotranspiración. Estos factores pueden generar que la temperatura en las áreas urbanas, sea varios grados más alta, que la de las áreas rurales.

Las unidades de aire acondicionado, son una fuente común de contaminación del aire y son difíciles de usar en las áreas más pobres, debido a la presión financiera o la infraestructura obsoleta.

El incremento de los incendios forestales aumenta el problema, con la liberación masiva de dióxido de carbono y sustancias químicas peligrosas, los cuales se extienden a otros estados. Fletcher mencionó a *Planet Detroit* "estamos viendo un aumento en los grados de contaminación por partículas, en grandes partes del país, a causa de los incendios forestales".

¿Qué recursos comunitarios están disponibles para ayudar a protegerme y aprender más sobre la contaminación del aire local?

Aquí hay algunas organizaciones que trabajan para combatir la contaminación del aire y las enfermedades respiratorias:

- Southwest Detroit Environmental Vision (Visión ambiental del suroeste de Detroit)
- Southwest Detroit Community Benefits Coalition (Coalición de Beneficios Comunitarios del Suroeste de Detroit)
- Community Action to Promote Healthy Environments (Acción Comunitaria para Promover Ambientes Saludables)
- Environmental Health Research-to-Action (Investigación para la Acción en Salud Ambiental)
- Ecology Center (Centro de Ecología)
- Eastside Community Network (Red comunitaria de la Zona Este)
- Great Lake Environmental Law Center (Centro de Derecho Ambiental del Gran Lago)
- The Detroit Community-Academic Urban Research Center (El Centro de Investigación Urbana Académica Comunitaria de Detroit)
- The Asthma and Allergy Foundation of America - Michigan Chapter (Fundación de Asma y Alergia de América)

Aquí hay algunas herramientas para ayudarlo a aprender más sobre la calidad del aire local:

- Conozca el historial de aplicación y cumplimiento de las regulaciones en las instalaciones de su área con esta herramienta de la EPA de EE. UU. a https://echo.epa.gov
- Mire los datos de monitoreo del aire local en vivo a www.ecocenter.org
- Haga clic aquí para obtener lecturas de la calidad del aire, ingresando un código postal. a https://www.airnow.gov
- Envíe una queja sobre la calidad del aire y más a https://www.michigan.gov/egle/about/organization/air-quality
- Lea informes sobre la calidad del aire de *Planet Detroit a www.planetdetroit.org*

¿Cómo puedo protegerme de los efectos de la contaminación del aire?

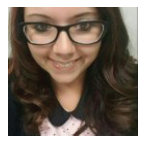
La contaminación del aire puede tener un impacto negativo en la salud. Le presentamos algunas medidas a tomar en cuenta:

- Controle la calidad del aire: compruebe el índice de calidad del aire (AQI) de su área antes de salir. Si el AQI es alto, considere quedarse en casa o reducir sus actividades al aire libre.
- Use purificadores de aire: considere adquirir un purificador de aire para su hogar u oficina, lo que permitirá reducir la contaminación del aire interior. Elija un purificador con un filtro HEPA que pueda capturar partículas pequeñas.
- Use mascarilla: lo que le permitirá filtrar la contaminación en espacios exteriores, especialmente durante los períodos de alta contaminación.
- Manténgase alejado de las áreas de mucho tráfico: evite las áreas con mucho tráfico, ya que tienden a tener niveles más altos de contaminación del aire.
- Haga ejercicio en el momento adecuado: cuando los niveles de contaminación sean más bajos, en la mañana o en la noche.
- Plante árboles: Los árboles absorben contaminantes y producen oxígeno, por lo que plantarlos puede ayudar a mejorar la calidad del aire en su área.

La contaminación del aire interior puede provenir de varias fuentes, incluidos productos químicos, polvo, moho y bacterias. Aquí hay algunos pasos que puede tomar para protegerse de los efectos de la contaminación del aire interior:

- Mejore la ventilación: asegúrese de que su hogar u oficina tenga la ventilación adecuada. Abra ventanas y puertas, use extractores de aire y considere instalar un sistema de intercambio de aire.
- Use purificadores de aire: Considere usar un purificador de aire con un filtro HEPA para eliminar pequeñas partículas del aire.
- Evite fumar en interiores (¡o déjelo!)
- Mantenga su hogar limpio: limpie regularmente su hogar u oficina, lo que incluye pasar la aspiradora y quitar el polvo. Utilice productos de limpieza naturales y evite el uso de productos químicos agresivos.
- Reduzca las fuentes de contaminación: Evite el uso de productos que emitan contaminantes, como cigarrillos, velas y ambientadores.
- Controle la humedad: mantenga los niveles de humedad entre el 30 % y el 50 % en su hogar para evitar el crecimiento de moho y hongos. Repare las tuberías y los grifos que goteen y que contribuyen a la formación de humedad y moho.
- Prueba de radón: el radón es un gas incoloro e inodoro que puede dañar su salud. Considere analizar su hogar para detectar radón y reducir los niveles si es necesario.
- Elija materiales no tóxicos: Elija materiales de construcción y muebles no tóxicos al renovar o decorar su hogar u oficina.

Julie Walker es una periodista multimedios. Encuentre su firma por la ciudad, incluyendo el Free Press, Catena Media, Bridge Detroit, Automotive News *and more.*
Traducción por Carmen Elena Luna



Pro Boxing In Dearborn !!!

EL CENTRAL HISPANIC NEWS SPORTS

Sports Editor: Dan Graschuck/ EL CENTRAL

Before a loud and boisterous crowd that filled the inside of the Hype Athletics Center in the Detroit suburb of Dearborn Heights, the two hometown main event favorites prevailed in what was by far their toughest fights of their young careers. In the six round main event Husam Al Mashhadi had all he could handle in the person of Houston's Gabriel Smith. Welterweight Al Mashhadi had blown through his first five opponents in ridiculously easy fashion, scoring knockouts or stoppages all in the first round. The sound of the opening bell had barely faded before it became clear that Smith was not going to be easy victim number six. The first two rounds were fought in tactical fashion with Al Mashhadi appearing to win both. In the third stanza the complexion of the contest began to shift. Smith became more aggressive, throwing combinations and boxing well, bloodying Al Mashhadi's nose in the process. Smith continued his success in the fourth round as well. The pace slowed in the fifth round and heading into the final three minutes it appeared that an upset could be in the making. Al Mashhadi responded strong in the sixth round, outworking and taking the play away from Smith to the delight of the crowd. The final scores for the most part demonstrated the closeness of the bout as Al Mashhadi upped his record to (6-0, 5 KOs) by scores of 58-56 x 2 and a way too wide 60-54. Smith falls to (11-7-1, 4 KOs). Credit to Al Mashhadi's team for putting Husam in a much needed step up test which he passed with flying colors.

Promoter/matchmaker Michael Awada along with matchmaker Lina Kurylyuk did well with the other six round match up as well. Super welterweight Gheith Karim faced his best opponent to date in Mexico's Ramses Agaton in their semi main event. Agaton was cut near the right eye in the first round that he felt had been caused by a butt although referee Steve Daher deemed it to be from a punch. Agaton also engaged in a heated conversation in the second round with ref Daher over what he perceived was Karim's continued use of his head. Thankfully things calmed and the bout continued and a good action fight it was. Several times Agaton was able to do good work along the ropes, landing some nice shots on Karim. Karim bounced back with good combinations himself and Agaton's cut had Karim's trunks and white gloves splattered with blood. There was an excellent exchange in the final seconds of the final round as both fighters felt the need to make a statement for the judges. Karim took a majority decision as the judges card read 60-54, 59-55, and 57-57. Karim improves to (9-0, 3 KOs) while Agaton declines to (22-14-3, 12 KOs) in the fight of the night.

The rest of the show was comprised of scheduled four round bouts. Dearborn's Hassain Bilal stayed undefeated (4-0, 4 KOs) by TKO 2 at :41 of the round over Jordy Tientcheu who was making his pro debut. Tientcheu hails from Detroit by way of Cameroon. Bilal had scored first round wins in his first three fights the most recent being eight days ago in Detroit. He nearly made it four in a row when he floored Tientcheu heavily right before the bell to end the first round. Tientcheu bravely came out for the second but was soon overwhelmed as Bilal teed off at will with hard punches necessitating referee Frank Garza to wave off this middleweight match up.

Cruiserweight Mohammed Awada from Dearborn bounced Grand Rapids' Brandon Bates off the canvas five times to up his record to (2-0, 2 KOs). Bates was making his pro debut and brought a herky jerky awkward style with him that Awada had little difficulty overcoming, scoring two knockdowns in the first and another three in the second round requiring referee Daher to administer the mandatory stoppage at 1:13 of the stanza. Detroit super lightweight Walid Muhsein evened his record at (1-1, 1 KO) with a knockout at 1:31 of the first over pro debuting Darius Frazier of Kalamazoo. Frazier had been down once already when he took a knee a second time to be counted out by referee Garza. In a battle of super welters Marcus Wilson and Antoine Blassingame engaged in an entertaining scrap. Wilson rode a knockdown in the second over Blassingame to a points victory (40-35 x 2, 39-36) and goes to (2-0, 1 KO) while Blassingame is now (0-2). Wilson hails from Pontiac, Blassingame calls Flint home. Heavyweights kicked off the night with hometown Ali Atat enjoying a successful pro debut over Grand Rapids' Conway Beaudry (0-2), scoring two knockdowns in the first for a TKO at :55.

Article and Photos by: Bob Ryder (fightnews.com)

Photos below are highlights from the pro boxing event

(L and R) Husam Al Mashhadi (6-0) beat Gabriel Smith (11-7-1) by unanimous decision, in the main event

(l and R) Mohammed Awada (2-0, 1 KO) beat Brandon Bates (debut, 0-1) by TKO in the 2nd round (1:13). Seen in photo on right is Promoter/matchmaker Michael Awada (right) along with father Phil Awada (left, runs Awada Boxing) and boxer Mohammed Awada (center)

(L and R) Gheith Karim (9-0) beat Ramses Agaton (22-14-3) by unanimous decision. Seen in photo on left is Phil Awada (Awada Boxing) and Ramses Agaton (far left wearing black and silver pants), while referee raises winner Gheith Karim's hand

EL CENTRAL HISPANIC NEWS
Pateando la No. 5
SPORTS

WELCOME HOME

David Levine
EL CENTRAL

It feels like a long time since Detroit City FC had a home game. The Northern Guard had a lengthy break to rest their vocal chords and maybe come up with a few more songs to serenade Le Rouge and rattle the visitors to Keyworth Stadium. Trevor James has rebuilt the depth of the squad since the playoff loss in Tampa and after two weeks of warm weather games coming home will warm the spirits. And, spirits will have to be warm on Saturday, because the weather is unlikely to cooperate. Everyone will be looking forward to the beautiful summer evenings after what looks to be a damp, chilly afternoon in Hamtramck.

The team will come into the home opener against Indy Eleven feeling much better about their solid 3-1 win in El Paso than they did after losing the opener in San Diego. In El Paso, the team reverted to what made them successful last season. They conceded most of the possession, tackled firmly and fairly, and struck through both luck and skill. Of course, Nate Steinwascher gave them the ultimate security blanket with several good saves.

James tweaked his lineup after the team failed to create many serious scoring chances in San Diego. Connor Rutz started on the right flank, a position change for the Commerce Township native, who normally plays through the middle. The move paid off after just nine minutes when an opposing defender diverted Rutz's low cross into his own net. With a lead to defend, DCFC clamped down in midfield, allowing El Paso precious little space to move. Instead of pressing high up the field, James pulled his forces back and crowded the space between the City penalty area and the midfield line. The Locomotive couldn't motor through; it looked like bouncing the ball against a wall as the City defense repelled nearly every attempt. The only exception was a stunning header by Ukrainian midfielder Denys Kostyshyn after seventeen minutes.

To help control midfield James dropped Abdoulaye Diop to the bench in favor of new signing Tommy McCabe. Like the Rutz move, which shifted Rhys Williams to the left side, the team looked more solid and in control. Coming out of halftime level, James elected not to make any changes. The team rewarded his patience with a superb goal. Cometh the hour, cometh Yazeed Mathews. Picked out by a superb cross-field diagonal pass by Skage Simonsen that split the El Paso defense apart, Mathews ripped a low drive from outside the penalty area into the far corner. Lead restored, City played the waiting game. Eventually more spaces for counterattacks opened up.

Last year's leading goal-scorer Maxi Rodriguez capped off a brilliant night with a well-taken goal twelve minutes from time. El Paso never really threatened to pull back a goal after that. Le Rouge will now open the home portion of the schedule with three points. Indy has only played one game, a 1-1 draw with Tampa. It's hard to know what kind of opposition they will be. One game isn't much to go on. Given that last year, the teams played out two draws, there won't be a lot between the sides. Home fans will be hoping for two things from this game: a win and some goals. DCFC dropped far too many points at home last year and didn't score nearly enough. Ideally, the three goals scored against El Paso are a sign of things to come.

Detroit City FC Beats El Paso Locomotive!!!

Detroit City FC won their first match of the 2023 USL Championship season on Saturday night in El Paso, Texas against the El Paso Locomotive by a score of 3-1, on an unusually cold night in Southern Texas.

Detroit City FC next takes the pitch on Saturday, March 25, for their 2023 home opener as they welcome Indy Eleven FC of the Eastern Conference to Keyworth Stadium. Kickoff is scheduled for 4 PM.

For more information about Detroit City FC, visit detcityfc.com.com and follow @DetroitCityFC on Twitter and Facebook and @detroitcityfootballclub on Instagram.

Photos provided by Detroit City FC (photographer Jon DeBoer) and El Paso Locomotives

EDITORIAL OPINION

La guerra contra la pobreza en Estados Unidos

Por José López Zamorano

Cuando hablamos de pobreza y desnutrición infantil, las primeras imágenes que vienen a la mente de muchos son los casos extremos en países de África o, más cerca de nosotros, en Haití, el país más pobre de América Latina en ingresos por persona.

Pero la realidad es que casi ningún país del mundo, incluido Estados Unidos, está exento de un problema que en muchos lugares ha sido profundizado por la pandemia y complicado aún por la presencia crónica de la inflación.

Aquí mismo en Estados Unidos, casi 7 de cada diez familias de bajos ingresos, un alto porcentaje de las cuales son familias latinas, reportaron que se había vuelto más difícil pagar por suficientes alimentos para sus hijos durante el último año. Y 9 de cada diez atribuyeron esa alza al incremento del precio de los alimentos.

Los retos de alimentación de los hijos están extendiéndose además a las familias de ingresos medios, donde casi 6 de cada 10 hogares enfrentan dificultades para poner alimentos en la mesa, en momentos que el precio de la comida aumentó 9.5% en el mes de febrero pasado, en comparación con febrero de 2022.

Tales son los resultados de una nueva encuesta publicada por No Kid Hungry, una campaña nacional que busca terminar con el hambre infantil en los Estados Unidos.

Es una dramática realidad que se refleja en el hecho que el 68% de los padres con ingresos bajos informaron que se ha vuelto más difícil comprar alimentos en el último año y el 74% reportó que, además del costo de los alimentos, el aumento de los costos de otras necesidades, como los servicios públicos, la gasolina, el alquiler y la ropa, contribuyó a la dificultad para comprar suficientes alimentos.

Más de cada cinco familias con ingresos bajos dijeron que una reparación inesperada del automóvil o una factura médica imprevista hizo que les resultara más difícil pagar por suficientes alimentos para sus hijos. Entre las familias con ingresos medios, el 50% informó lo mismo.

Una reciente encuesta de UnidosUS confirma que es una situación donde las familias latinas están siendo afectadas desproporcionadamente: casi dos terceras partes de los latinos residentes en California Texas y Arizona reconocieron que carecen de ahorros por siquiera $500 para solventar una emergencia y tres de cada 10 tuvieron que pedir dinero prestado a un

pariente o amigo para cubrir un imprevisto.

Es obvio que no se trata simplemente de un problema inflacionario temporal, sino de circunstancias estructurales que deben reformarse para lograr mejoras salariales en las personas de bajos ingresos, abaratamiento de servicios imprescindibles como el seguro de salud, facilidades para que las familias de bajos ingresos acceder al sistema financiero Y fortalecimiento de los programas federales de apoyo, como por ejemplo el de estampillas de comida.

Se trata por supuesto de un problema mayor que no acepta soluciones simples o sencillas, pero un paso importante es reconocer que es un problema mayúsculo en nuestra sociedad, que reclama la participación pública y privada para lograr que las próximas generaciones de niños puedan alcanzar su máximo potencial.

Opinions in this column are not necessarily those of the Publisher or Editor

Do you have a contrary opinion? Write us at info@elcentralmedia.com

Service Directory / Directorio de Servicios

Churches Directory

Holy Redeemer
313-842-3450
1721 Junction,
Detroit, MI 48209
Misa:
Lunes Viernes: 6:00pm
Domingo: 10:00am, 12:00pm, 6:00pm

First Latin American Baptist Church
313-461-3669
2004 Scotten St.
Detroit, MI

Most Holy Trinity
313-965-4450
1050 Porter St.
Detroit, MI 48226
Misa: Dom 9am

St. Gabriel's
313-841-0753
8118 W. Vernor Hwy
Detroit, MI 48209
Misa: Dom 9:30am, 12:00pm, 7:00pm
Lunes: 6:00pm
Martes: 6:00pm
Miércoles: 9:00am

St. Francis D'Assisi - St. Hedwigs Parish
313-894-5409
3245 Junction
Detroit, Mi 48209
Domingo: 12:00pm
Miércoles: 7:00pm
Jueves: 7:00pm

Ste. Annes Parish
313-496-1701
1000 St. Anne St.
Detroit, MI 48216
Misa: Dom 10am

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& IRS 501 (c)(3) Tax-Exempt Organization
Azteca Boxing Team
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Robert K. Paramo, Director

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EL CENTRAL HISPANIC NEWS

Diles que lo Viste en *EL CENTRAL*
Tell them you saw it in *EL CENTRAL*

City of Detroit Launches Application Process for $25M Sidewalk Replacement Program

The city of Detroit is now taking applications from churches and neighborhood block clubs requesting replacement of sidewalks in their community, DPW Director Ron Brundidge announced.

During his recent State of the City Address, Mayor Mike Duggan announced the launch of the program, which is being significantly expanded this year. Typically, the City spends about $4.5 million per year to replace broken sidewalk flags that are damaged by city trees located between the curb and sidewalk. Thanks to an additional $20.5 million in budget surplus funds approved last week by Detroit City Council, the city will spend a total of $25 million.

The City of Detroit has more than 3 million sidewalk flags on residential streets, approximately 15% of which are in need of replacement. That equates to about 470,000 individual flags that need to be replaced at a cost of nearly $170 million.

Under this year's expanded sidewalk replacement program, up to 70,000 damaged of missing sidewalk sections (approx. 80 miles) will be replaced this construction season.

Repairs for sidewalks will be given priority for in the following categories:

- Near schools, churches and parks
- Identified and requested by registered neighborhood block clubs
- Adjacent to city road resurfacing projects
- Requested by elderly and disabled residents
- Along city jurisdiction commercial corridors where cleanup and beautification is planned
- existing backlog of requests from prior years

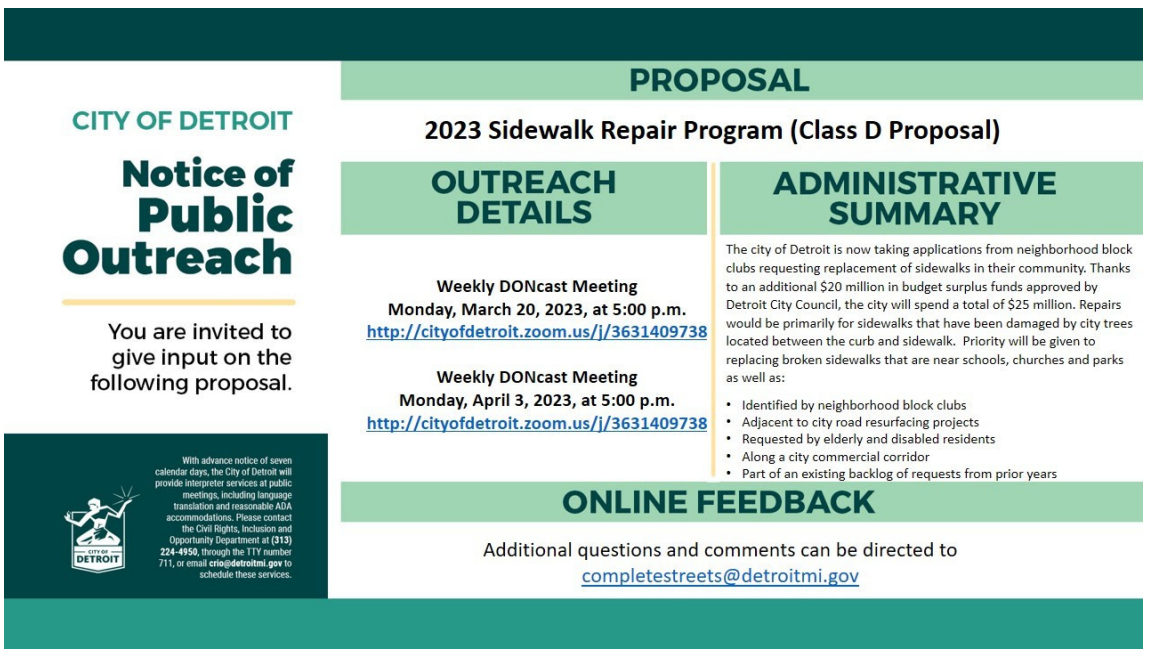
Construction contracts will be awarded in time for contractors to perform the work this year. Department of Public Works Director Ron Brundidge said that the city expects to award contracts by April 15th (pending approval from City Council), which is the annual start of the construction season. Work is expected to begin approximately May 1st and go through mid-November.

How to request sidewalk replacement

To create a uniform process, all requests will be taken through an online form that is available now at https://detroitmi.gov/departments/department-public-works/sidewalk-program

As requests come in, the sites will be surveyed to determine whether they meet the criteria for replacement this year under the expanded program.

Find info on all programs mentioned during Mayor Duggan's State of the City Address at: https://detroitmi.gov/government/mayors-office/state-city


CITY OF DETROIT
Notice of Public Outreach
You are invited to give input on the following proposal.
With advance notice of seven calendar days, the City of Detroit will provide interpreter services at public meetings, including language translation and reasonable ADA accommodations. Please contact the Civil Rights, Inclusion and Opportunity Department at (313) 224-4950, through the TTY number 711, or email crio@detroitmi.gov to schedule these services.
PROPOSAL
2023 Sidewalk Repair Program (Class D Proposal)
OUTREACH DETAILS
Weekly DONcast Meeting
Monday, March 20, 2023, at 5:00 p.m.
http://cityofdetroit.zoom.us/j/3631409738
Weekly DONcast Meeting
Monday, April 3, 2023, at 5:00 p.m.
http://cityofdetroit.zoom.us/j/3631409738
ADMINISTRATIVE SUMMARY
The city of Detroit is now taking applications from neighborhood block clubs requesting replacement of sidewalks in their community. Thanks to an additional $20 million in budget surplus funds approved by Detroit City Council, the city will spend a total of $25 million. Repairs would be primarily for sidewalks that have been damaged by city trees located between the curb and sidewalk. Priority will be given to replacing broken sidewalks that are near schools, churches and parks as well as:
• Identified by neighborhood block clubs
• Adjacent to city road resurfacing projects
• Requested by elderly and disabled residents
• Along a city commercial corridor
• Part of an existing backlog of requests from prior years
ONLINE FEEDBACK
Additional questions and comments can be directed to
completestreets@detroitmi.gov

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- Ser acompañante de una persona de la tercera edad
- Ayudar a los veteranos
- Llevar a los ancianos al médico
- Muchas más oportunidades

ccsem.org/rsvp
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Sponsored locally by Catholic Charities of Southeast Michigan. Funded by AmeriCorps, Michigan's Behavioral and Physical Health and Aging Services Administration, and support from the community

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Water & Sewerage Department
DWSD
LIFELINE PLAN
Detroit's First Water Affordability Plan
The DWSD Lifeline Plan provides income-eligible enrolled Detroiters up to 4,500 gallons of water (equivalent to 6 CCF) every month at a fixed rate based on their household income.
Water bill debt GETS ERASED! HOW IT WORKS
The DWSD Lifeline Plan has three tiers for qualifying households:
$18
Your monthly water, sewer & drainage bill if household income is at or below 135% of Federal Poverty Level (FPL) or SNAP/FAP
$43
Your monthly water, sewer & drainage bill if household income is above 135% of FPL but at or below 150% of FPL
$56
Your monthly water sewer & drainage bill if household income is above 150% of FPL but at or below 200% of FPL
If water usage exceeds 4,500 gallons (equivalent to 6 CCF) per month, the household will be charged for the additional usage based on DWSD's new inclining block rate structure.
WHO IS ELIGIBLE?
Income-eligible Detroit households include:
• The 2,500 households currently enrolled in WRAP will be auto-enrolled in DWSD'S Lifeline Plan
◦ The 19,000-plus households who were previously in WRAP can immediately qualify and will be contacted by Wayne Metropolitan Community Action Agency
• Low-income-eligible households
• Households receiving SNAP/FAP benefits.
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or scan this code to apply today!
www.WayneMetro.org/DWSDLifeline
Wayne Metropolitan Community Action Agency

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Call Dolores at 1-313-841-0100
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Salud/*Health*

Why Early Detection of Lung Cancer is So Important

(StatePoint) Lung cancer is the leading cause of cancer death in the United States. While early detection can vastly improve a patient's chances to lead a full and healthy life, the majority of those who are high risk are not getting screened.

The American Lung Association, which is committed to defeating lung cancer and supporting those with the disease, is sharing vital information to help more people learn their risk and connect them to screenings and other life-saving resources:

Preventable Deaths

According to the 2022 "State of Lung Cancer" report, a mere 5.8% of Americans eligible for a low-dose computed tomography (CT) scan were screened. A low-dose CT scan is a special kind of X-ray that takes multiple pictures as the patient lies on a table that slides in and out of the machine. A computer then combines these images into a detailed picture of the lungs. Studies estimate that if even just half of the approximately 8 million Americans identified as high risk for lung cancer were screened with a low-dose CT scan, over 12,000 lung cancer deaths could be prevented. In fact, since low-dose CT scans started to be used for screening, it has reduced cancer deaths by 20% and it has reduced deaths from other causes by almost 7%.

Risk Eligibility

Many people who are at risk for lung cancer and are eligible for screening are not identified and are not referred for screening. Under the most recent lung cancer screening guidelines, those ages 50-80 who have a 20 pack-year smoking history or who have quit smoking in the past 15 years should get screened for lung cancer.

The American Lung Association offers a helpful tool for determining your eligibility for screening, found at www.SavedByTheScan.org.

Eliminating Racial Disparities

It is especially important for Black men and women to speak to their health care provider about their risk and get screened if necessary, as they are more likely to develop lung cancer and less likely to survive five years with the disease than people of any other racial or ethnic group.

Research suggests that Black Americans have a higher baseline risk for developing lung cancer -- Black American smokers get lung cancer at least 20% more often than other people who smoke. Furthermore, systemic racism and injustices and issues continue to persist in the healthcare system, and Black people and other communities of color are less likely to be diagnosed early, less likely to receive surgical treatment, and more likely to not receive any treatment at all.

Fighting Barriers

Despite the fact that lung cancer screening is extremely effective at improving life expectancy and has the potential to dramatically improve lung cancer survival rates, many patients are not getting screened, even when they have a referral from their doctor to do so. The reasons for low screening adherence range from practical concerns, such as financial and

transportation barriers, to more elusive issues like distrust of the medical system and lack of awareness regarding the seriousness of the disease.

Emerging resources are helping eliminate these barriers and are making it easier for people to assess their screening eligibility, locate screening centers, schedule appointments, and receive financial assistance if they don't have insurance or transportation. Free tobacco cessation resources and other lung health resources also exist to help people to reduce their risk. To learn more, visit www.lung.org/lung-health-diseases.org or speak directly to a nurse or respiratory therapist by calling the Lung HelpLine at 1-800-LUNG-USA.

When lung cancer is detected and treated in its earliest stages, more positive outcomes can be expected. That's why it's so important that everyone learns their risk and connects to resources to help them get screened.

AHA News: En medio de una crisis nacional de salud mental para los niños, así es como los padres pueden ayudar

(American Heart Association News) -- Cierre de escuelas. Tensiones familiares. Amigos aislados y en cuarentena. Incluso cuando los jóvenes no hayan experimentado COVID-19 directamente, la pandemia ha puesto a prueba su salud mental. Y a menudo, de maneras graves.

Incluso antes de la reciente oleada de casos relacionados con omicron, una coalición que incluía a la Academia Americana de Pediatría declaró una emergencia nacional en materia de salud mental infantil y adolescente. En su declaración de octubre informó acerca de "las crecientes tasas de problemas de salud mental entre niños y adolescentes y sus familias".

En diciembre, el Dr. Vivek Murthy, cirujano general de Estados Unidos, abordó la crisis con un informe en el que afirmaba que los jóvenes se enfrentan a problemas de salud mental "devastadores".

Todos estos los elementos pueden hacer que los padres se planteen algunas preguntas importantes.

¿Qué niños están en riesgo?

"Los niños y los adolescentes están pasando por muchas cosas", dijo la epidemióloga psiquiátrica Karestan Koenen, profesora de la Escuela T.H. Chan de Salud Pública de Harvard, en Boston. Los preadolescentes y los adolescentes parecen haberse visto especialmente afectados.

Indicó que "el mayor riesgo es que hubiera cualquier tipo de problema de salud mental previo", como, por ejemplo ansiedad, depresión o trastorno por déficit de atención e hiperactividad.

La recomendación del cirujano general explica que los jóvenes de diversos grupos raciales y étnicos también corren un mayor riesgo. Por ejemplo, los jóvenes negros tenían más probabilidades de haber perdido a uno de sus padres o cuidadores a causa de COVID-19, comparados con sus compañeros. Los jóvenes asiáticos americanos, nativos de Hawái y de las islas del Pacífico informaron de un mayor estrés debido al odio y al acoso relacionados con COVID-19.

¿A qué tensiones particulares se enfrentan los niños?

Durante una crisis, los niños carecen de la ventaja de los adultos en cuanto a la resiliencia, dijo la Dra. Rebekah Fenton, pediatra de Chicago. "Para muchos de ellos, esta podría ser la primera gran cosa que viven".

Los niños pueden enfrentarse al "estrés por haber perdido miembros de la familia o por el miedo a que sus seres queridos se enfermen", añadió.

Inclusive, sus preocupaciones también podrían no ser obvias desde el punto de vista de un adulto.

Koenen recuerda que cuando los estudiantes fueron enviados apresuradamente a casa en marzo de 2020, cuando el coronavirus se propagó por primera vez, la principal preocupación de su hijo, que cursaba el séptimo grado, era la fecha de entrega de un proyecto en el que debía estar trabajando en clase.

Asimismo, tenemos el desorden de aprender con diferentes modos y técnicas, dijo Koenen. "Un amigo me comentó que su hija empezó la preparatoria tres veces", rebotando entre el aprendizaje presencial, híbrido y a distancia, cada uno con un conjunto diferente de profesores y compañeros.

Agregó que los cambios fueron especialmente duros para los niños con problemas de aprendizaje, que quizás dependan de la estructura que suelen ofrecer las escuelas.

Los jóvenes también pueden absorber el estrés de sus padres, dijo, que luchan con sus propios empleos o con cómo organizar la escolarización en casa.

¿Cuál es el efecto de todo ese estrés y esa preocupación?

En un análisis global de jóvenes publicado en JAMA Pediatrics se descubrió que los síntomas depresivos y de ansiedad se duplicaron durante la pandemia, con un 25% de síntomas depresivos y un 20% de síntomas de ansiedad.

Las estadísticas de los Centros para el Control y la Prevención de Enfermedades revelaron que, a principios de 2021, las visitas a los servicios de urgencias de EE.UU. por sospecha de intento de suicidio alcanzaban un promedio de 856 por semana en el caso de las chicas de 12 a 17 años y de 196 por semana en el de los chicos de la misma edad. Eso fue un 50.6% más alto para las niñas y un 3.7% más alto para los niños en comparación con el período equivalente a principios de 2019.

"Hay personas que nunca han tenido experiencias con problemas de estado de ánimo, como la depresión o la ansiedad, y que ahora luchan con esas cosas", dijo Fenton. "Otros los tenían en menor grado, que parecía manejable, pero ahora los sienten con la suficiente intensidad como para necesitar terapia o medicación".

¿A qué debe estar atento los padres?

El estrés y la ansiedad pueden adoptar muchas formas. Fenton, por ejemplo, ha visto a niños que dicen sentir una opresión en el pecho o tener problemas para respirar, o que tenían frecuencias cardíacas elevadas relacionadas con la ansiedad y la presión arterial alta.

Los problemas no siempre son tan claros, dijo Koenen, cuyo hijo tiene 14 años. Reconoce que puede ser difícil para un padre distinguir el mal humor normal de un adolescente de un problema que necesita ayuda profesional.

Para ella, todo se reduce a la medida en que el comportamiento interfiera en su funcionamiento cotidiano. Sería normal, por

ejemplo, que un niño que hiciera deporte se sintiera desanimado si se cancelan los partidos; y, "es normal que los adolescentes quieran pasar mucho tiempo solos en su habitación y demás. Pero si están más retraídos, o no comen, o expresan su propia angustia, entonces hay que tomarlos en serio", dijo Koenen.

Las señales de advertencia de Fenton incluirían a un adolescente que:

- está pasando más tiempo con su teléfono con actividades que no son conectarse con los amigos;
- parece más triste o ansioso, o tiene nuevas molestias físicas; o
- está desarrollando ansiedades en torno a la comida o a su cuerpo.

La Academia Americana de Pediatría enumera otros síntomas de angustia en healthychildren.org.

¿Cómo pueden los padres comentar acerca de sus inquietudes?

"Siempre se puede empezar preguntando abiertamente sobre el tema y reconociendo que muchas de estas cosas no tienen respuestas fáciles", dijo Fenton.

No se trata de encontrar una solución inmediata, sino de escuchar, y "mantener las líneas de comunicación abiertas para que los adolescentes puedan reconocer que sus padres son alguien que está ahí para cuando estén dispuestos a hablar".

¿Qué más pueden hacer los padres?

Ser solidarios. Nueva información publicada en el Journal of Adolescent Health sugiere que las relaciones de apoyo con la familia y los amigos, así como los comportamientos saludables, como la actividad física y la mejora del sueño, pueden proteger la salud mental de los adolescentes durante la pandemia. Un estudio publicado en la revista European Child and Adolescent Psychiatry el pasado mes de julio también destacó la importancia de los buenos hábitos de sueño, de pasar menos tiempo frente a la pantalla y de conectarse con los padres.

Koenen indicó que los padres también deben cuidarse a sí mismos "porque eso ayudará a nuestros hijos". Uno de los mayores factores de predicción de la depresión y la ansiedad en los niños es la propia salud mental y el malestar de los padres, agregó.

El informe del cirujano general ofrece recursos en línea para jóvenes, padres, profesionales y educadores. Para alguien en crisis, la línea Nacional de Prevención del Suicidio ofrece ayuda inmediata en el 800-273-8255 o en suicidepreventionlifeline.org/help-yourself/en-espanol. Está previsto que el número de la línea de crisis se reduzca a tres dígitos – 988 – en julio.

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